

# RESERVE DIETITIANS WINTER 2003 UPDATE

COL Sarah K. Helms, IMA to Chief, Dietitian Section

January 23, 2003

## ***Special points of interest:***

- *Send current e-mail address to:  
sarah.helms@us.army.mil*
- *Military Sym presentations on AMSC website*
- *Joint Field Nutrition Operation Course, 10-18 Apr*
- *ADA Military Symposium, 24-25 Oct 03, San Antonio*
- *AMSUS, 16-21 Nov 03, San Antonio, TX*

## **HIGHLIGHTS**

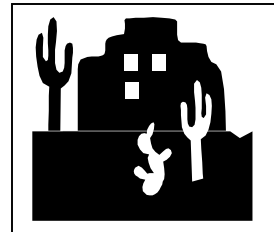
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## **UNCERTAIN TIMES**

As I write this letter, I don't have to remind you that we are living in uncertain times. Several of our reserve dietitians have been deployed to the Persian Gulf and many others are on notice to go or possibly backfill in CONUS assignments. COL Forman and I want to keep in touch with all those who are deployed and those who have been put on notice. Our prayers are with you and your families and our hope is that victory will be swift and decisive without harm to soldier or civilian.

## **ADA MILITARY SYM, 24-25 OCT 03, SAN ANTONIO!**

This year's Military Symposium and ADA's Food & Nutrition Conference and Exhibition (FNCE) will be held in what the Army Medical Department considers home, San Antonio, TX! The 1.5-day Military Symposium in Philadelphia was a great success with more Uniformed Services dietitians attending than in previous



years. I want to thank COL Forman and all of those who assisted in the symposium's success. More information will be coming out in the Summer Newsletter, however there has been some confusion on the method of getting funds to attend the ADA's or any other event for Continuing Health Education (CHE). Following is a brief outline:

1. Complete a DA Form 1058 and send it to AR-PERSCOM, ATTN: ARPC-HS-CHE, 1 Reserve Way, St. Louis, MO 63132-5200. You can fax your DA 1058 to 314-592-0433, ATTN: Mr. Dave McClory. Your DA 1058 should be sent to AR-PERSCOM at least 50 days before the event.
2. Send the Military Symposium registration that you receive in your summer newsletter to me. **Registration with me alone will not get you funded! See pg 9 for details.**

## **AMSUS IS IN SAN ANTONIO, 16-21 NOV 03**

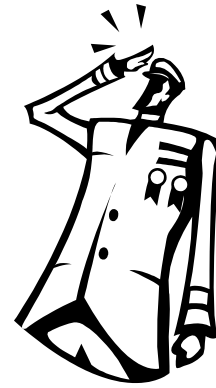
November is usually a lovely time in San Antonio, so plan to come to the Association of Military Surgeons of the US (AMSUS) meeting also. Details will be coming in the Summer Newsletter.

## **PROMOTIONS AND OER NEWS**

### **CONGRATULATIONS ON PROMOTION!**

To COL: Carolyn L. Maynard

To LTC: Robin C. Richardson  
Maria S. Stepanovich



### **ARMY REFINES OER SYSTEM**

by Joe Burlas

WASHINGTON (Army News Service, Aug. 22, 2002) -- Though the latest version of the officer evaluation report accurately assesses officers' performance and potential, according to personnel managers, refinements to the OER system are on the way to address concerns from the field.

Approved refinements include: revising the rater portion of the report to separate performance and potential remarks; "masking" all lieutenant OERs upon promotion to captain; reviewing the possibility of masking chief warrant officer 2 OERs upon promotion to chief warrant officer 3; emphasizing current counseling and mentoring obligations; and conducting an annual assessment of the system.

The refinements are based on the recommendations of an eight-month review of the OER system that ended in April.

"The officer evaluation report is doing the job it was designed to do -- that is, to assess the performance and potential of officers in a manner that provides an effective tool to identify, assign and select the best qualified officers for promotion, education and command," said George Piccirilli, Total Army Personnel Command officer evaluation system chief. "We know the OER is providing selection boards the information they need to select the leaders the Army needs."

Piccirilli should know how well the OER system is doing the job it was designed to do as he briefs each officer board on the OER and reviews selections results and board surveys when the board concludes. He said he has gotten a lot of feedback in the last year that board members find it difficult to separate the rater performance remarks from potential ones as both are entered in the same section of the OER. To alleviate that confusion, PERSCOM will soon put out a message to double space between performance and potential comments until the actual OER form can be revised and fielded.

The OER review was prompted in part by the officer Army Training and Leader Development Panel study, released last May, that reported a perception in the field that Army culture expected a "zero-defects" performance of its leaders. Following the results of the study, Army Chief of Staff Gen. Eric K. Shinseki directed a deeper looking into the OER system.

The decision to mask lieutenant OERs upon promotion to captain by moving the OERs to a restricted portion of an officer's file allows junior officers more room to grow, ease the zero-defects perception and effectively remove comments from a junior officer's file that may be a reflection of an initial learning curve, Piccirilli said.

"It isn't a free pass for promotion up to captain," Piccirilli said. "Those lieutenant OERs are present when captain promotion boards meet and are the basis for the promotion list it produces."

The officer ATLDP also found a perception by many officers that a "center-of-mass" check on the OER by the senior rater meant no possibility of promotion beyond captain. Center-of-mass ratings are not a killer, Piccirilli said, and promotion board results bear that out.

Statistics from fiscal year 2001 and 2002 boards show that the majority of officers selected for promotion to major, lieutenant colonel and colonel had a mix of center-of-mass and above-center-of-mass reports.

Only about 10 percent of the officers selected for major, lieutenant colonel and colonel had all above-center-of-mass OERs when their boards met. In fact, 11 and nine percent of those selected for promotion to major in FY 01 and 02 respectively had nothing but center-of-mass ratings in their files. For the lieutenant colonel selections, 17 percent of those picked up had pure center-of-mass files in FY 01, and two percent in FY 02. The difference between center-of-mass selection between FY 01 and 02 reflects a larger population of mixed files, officials said.

Promotions are based upon Army requirements, Piccirilli said, and those requirements often dictate the selection line between promote and do not promote to be draw somewhere in the center-of-mass population.

"A senior raters' ability to give above-center-of-mass ratings is limited by regulation to less than 50 percent of the reports rendered in a particular grade," Piccirilli said. "It allows senior raters the opportunity to advance their best, with the confidence others can't inflate."

As part of the OER review, surveyed senior leaders and junior officers were offered alternatives to the senior rater portion of current OER. Almost all chose to remain with the current system, Piccirilli said.

"Feedback from selection boards clearly indicates that board members weigh an officer's entire file during deliberations," Piccirilli continued, "factoring in the officer's assignment history, career progression and evaluation reports."

Counseling is one area of concern identified by the ATLDP study. The subsequent OER system review found mix results in field interviews.. Some units conduct counseling very well -- others don't, Piccirilli said.

By regulation, raters must conduct a face-to-face initial counseling with all rated officers within 30 days of the beginning of the rated period. Periodic follow-up counseling should then be conducted as needed to make needed adjustments to agreed upon goals, Piccirilli said.

For rated lieutenants and warrant officers 1, quarterly development counseling is required and includes the use of the Junior Officer Development Support Form.

"We've found the best units schedule appropriate counseling in advance on their training calendars," he said. "It's a visible mark on the wall where everyone knows what is expected and when it is supposed to be done."

For officers not getting the required counseling, Piccirilli advised that rated officers should seek appropriate opportunities to ask for rater feedback.

Counseling does not need to be a formal sit-down session -- it can be a frank discussion at the motor pool or on the training range, Piccirilli said, as long as it covers the performance bases. Those bases include what the officer has been doing right, what he has been doing wrong, what improvements can be made and how he stacks up against other officers rated by the same rater.

"It can be tough to look someone in the eye and tell him he is at the bottom of the totem pole," Piccirilli said, "but every officer deserves to know where they stand before an OER is filed."

For more information on the OER system and officer promotion rates visit PERSCOM Online, <https://www.perscom.army.mil>, and select the Officer Information link under the Soldier Services section.

## **DEPLOYMENT AND MOBILIZATION NEWS**



### **DEPLOYED DIETITIANS**

This is a list of dietitians who are deployed along with their e-mail addresses, mailing addresses and birthdays. Mail is always nice when you're away from home; so if you feel led, please send them a card, note or e-mail to encourage them. If there are more deployed dietitians that aren't mentioned here, please let me know.

LTC Barbara Greene: [Barbara.Greene@kuwait.army.mil](mailto:Barbara.Greene@kuwait.army.mil), CFLCC - 865<sup>th</sup> CSH, APO AE 09304, birthday is Aug 23, but she hopes to be home by then.

COL Char Norton: [char.norton@us.army.mil](mailto:char.norton@us.army.mil). (no address or BD)

COL Virginia Stapley: [Virginia.Stapley@us.army.mil](mailto:Virginia.Stapley@us.army.mil), present address - CJFLCC/3<sup>rd</sup> MEDCOM FWD, APO AE 09304, address in Feb if they move – 3<sup>rd</sup> MEDCOM, Arifjan, APO AE 09366, birthday is Apr 27.

### **Following is a note from COL Char Norton who is deployed in Bosnia:**

ALCON:

I was very pleased to receive the attachments and even more pleased to see that we have transitioned to off the shelf products.

As a very senior dietitian, I want to remind you that if deployed and you need a formula, you can blend the regular food, if you cannot obtain supplements. When I started practice, the wonderful supplements of today were not available. We made over 50 different formulas in the LTC facility where I was FSD. Beets and peas are a funny color when blended and even worse when mixed. Not something I would ever want to do on a regular basis. The blender that is to be in each hospital equipment set can be used to make the formulas.

I am currently deployed in Bosnia as the Executive Officer of Task Force Medical Eagle. We operate at 20 bed Level 3 hospital and clinic. We are a combination of seven different guard and reserve units to make up 137 personnel. We have an EMT, AA, GA, CSC, Vet, Med Log, and PM in addition to the hospital and command and control. We also have a Danish SISU (Armored ground ambulance staffed with a medic and nurse.) The Danish just moved their doctor and his staff into our hospital. If they get the paper work sorted out they will begin to also treat US soldiers.

The opportunity to work with other nations and their medical teams has been an opportunity of a lifetime. We all now have friends around the world. Every two months, I coordinate a medical conference with participants from the allies that have medical teams. The medical teams are also involved in our MEDCAPS. We are truly international in the medical field at Eagle Base. A year ago, I would not have believed you if you would have told me I would be working with the Russian, Turkish, Bosnian, Danish, Polish, Latvian, German, British, and Canadian doctors and medical teams.

However we have no NCD. The food is prepared by the DFAC (Brown & Root). The Nurses and NCOs pick up the food and bring it to the patients. The DFAC is about a block from the hospital. Our patient census is about 0.5 a day. We have very busy clinics, just no inpatients.

A dietitian comes every other month from the Central Region to provide classes and consults. The interns at BAMC provide a monthly VTC on weight control. If you are deployed and have VTC capabilities, consider using the interns as a force multiplier. They are great. Some of you may be deployed soon or have the opportunity to deploy. Consider volunteering for non-traditional jobs. My management skills were the greatest asset that I needed for this job.

I do look forward to coming back to the US, but would have not missed this opportunity for anything.

Char Norton

COL Louise C. Norton  
Executive Officer  
Task Force Medical Eagle  
Eagle Base

**Following is a note from LTC Barbara Greene who is in Kuwait:**

Here is my mid-January update for Nutrition care at Camp Doha:

The bulk of patients seen continue to be coming to the Sports Medicine Gym Clinic. The hospital census has been low and the majority of patients are receiving regular diets, so there isn't much intervention that is needed at KAFH at this time. I try to visit as many patients as possible and meal satisfaction remains excellent.

I have been working on some fact sheets that will be available at the Doha gym. One concerns "protein requirements for athletes" and the other is about "Calcium, Bones and Stress fractures". There is a lot of misinformation among the strength trainers regarding their protein needs, and stress fractures are quite prevalent, so I thought these were topics that would be of interest to the gym clientele. Longer range, I'm thinking of ideas for table tents at the DFAC; Nutrition month is in March, so it would be good to have something to promote good nutrition at that time.

Starting next week, I will be working in the Gym office on Mondays, Tuesdays, Fridays and Saturdays. Wednesdays I will be traveling to Arifjan to meet their needs for nutrition counseling, and Sundays I will continue to visit the KAFH.

**NATIONAL GUARD AND RESERVE MOBILIZED AS OF JANUARY 15, 2003**

This week the Army, Navy, Air Force and Marine Corps each announce an increase of reservists on active duty in support of the partial mobilization. The net collective result is 2,199 more reservists than last week.

The total number of reserve personnel currently on active duty in support of the partial mobilization for the Army National Guard and Army Reserve is 34,280; Naval Reserve, 5,238; Air National Guard and Air Force Reserve, 15,015; Marine Corps Reserve, 3,668; and the Coast Guard Reserve, 693. This brings the total Reserve and National Guard on active duty to 58,894 including both units and individual augmentees.

At any given time, services may mobilize some units and individuals while demobilizing others, making it possible for these figures to either increase or decrease. A cumulative roster of all National Guard and Reserve who are currently on active duty can be found at <http://www.defenselink.mil/news/Jan2003/d20030115ngr.pdf>.

## **U.S. MEDICS TREAT AFFLICTED AFGHANS**

By Jim Garamone

American Forces Press Service

WASHINGTON, Sept. 23, 2002 -- A U.S. medical team from Bagram Air Base in Afghanistan traveled to a remote community and treated more than 800 patients, Combined Joint Task Force-180 officials said Monday.

A total of 21 soldiers from the 339th Combat Support Hospital flew to Kohe Sofi, a community 20 miles north of Bagram. "They treated the whole range of illnesses," said a CJTF-180 spokeswoman.

The group included optometrists, preventive illness specialists and general practitioners. The 339th, an Army Reserve unit from the Pittsburgh area, set up a treatment facility at the village and examined and treated 800 people, including 400 children.

The medics treated stomach ailments, headaches, eye problems and other common diseases. The medication most often handed out was a deworming medicine. The crew treated infected wounds and swollen limbs and also other, more serious ailments including a child with a severely cleft palate.

"They also spoke to the villagers about the necessity of good hygiene, and the group passed out toothbrushes and toothpaste," the official said.

This was the first medical outreach effort by the 339th, and they are planning others.



## **ARMY CALLS RC OFFICERS TO VOLUNTEER FOR ACTIVE DUTY**

The Limited Call to Active Duty Program is currently requesting captains in the Signal Corps; majors in all basic branches, except for Chaplain, Judge Advocate General and Medical corps; and aviation warrant officers, except for air traffic controllers and aviation maintenance technicians. The call is also for technical warrant officers.

<http://www.army.mil/usar/news/2002/11nov/volunteer.html>

## **DOD HEALTH OFFICIAL DETAILS PREP FOR WMD RESPONSE**

By Rudi Williams

American Forces Press Service

FALLS CHURCH, Va., Oct. 25, 2002 -- Defense Department health care professionals are preparing to respond to a terrorist or weapons of mass destruction attack anywhere in the world,

Edward P. Wyatt Jr., principal deputy assistant secretary of defense for health affairs, spoke to reporters here recently and highlighted what DoD is doing with the Department of Health and Human Services and local, state and federal agencies engaged in preparing for response to attacks in the homeland.

Wyatt said coordinated efforts include research and development and procurement. And, importantly, he remarked, these collaborative initiatives involve local- level training and

exercising with state and local authorities to ensure all understand how to best integrate resources to address an emergency or contingency situation.

He said people in some circles believe the military could quickly organize and move large assets into areas in response to disasters, terrorist attacks and natural catastrophes, such as earthquakes. This is a military function under the Federal Response Plan, he said, and military health units would be made available if possible.

He said local authorities' planning drives the help the military and other federal agencies can deliver to local first-responders when and where disaster strikes.

"The challenge is to integrate what's happening at those local and state level activities into what might be potential support from the military health care system," he said.

Calling DoD's health care professionals "well prepared and practiced," Wyatt said they train with local fire departments, rescue response teams and others on how they respond to emergencies in local communities.

## **EDUCATIONAL OPPORTUNITIES**

### **JOINT FIELD NUTRITION OPERATIONS COURSE**

LOCATION: Camp Bullis, TX  
10-18 April 03 (9 days)

PROJECT OFFICER: MAJ Debra Hernandez  
Phone: DSN: 471-3466 Commercial: (210) 221- 3466



**SCOPE:** This course is designed to provide U. S. Army, U. S. Army Reserve, Army National Guard, U. S. Air Force, and U. S. Navy dietitians and senior Hospital food Service Specialists with information and hands on training in order to provide optimum nutrition care in the field environment. This course teaches current concepts/doctrine along with providing practical experience in Army medical field feeding and nutrition support. An emphasis is placed on familiarization and utilization of field equipment, preparation of modified diets in the field environment, transportation and service of meals to patients, sanitation and safety of equipment, resource procurement and management in the field environment, and the need/responsibilities of the dietitian in support of domestic and foreign missions.

**PREREQUISITES:** Attendees must be Dietitians from the active or reserve components, Senior Hospital Food Service enlisted personnel, or other DA and other service dietetic personnel. **Reserve Dietitians must be assigned to a TOE hospital (CSH, General, or Field Hospital). Reserve Dietitians in a IMA or IRR slot should not attend.** We strongly encouraged those assigned to TOE hospitals to attend because we are considering making the course mandatory. For more information contact MAJ Debra Hernandez. **Note: This is a 9 day course which can be done in lieu of AT. The Nutrition Care Branch at the Academy will give you training for the other 3 days of AT. If you are not in a TOE**

unit, then please don't apply as these monies need to be used for those who may be deployed.

If you want to attend this course, you must get your unit to fund you either as additional AT or in lieu of AT.

## **OFFICERS BASIC COURSE (OBC)**

Some officers have not had OBC as of yet. This course is mandatory for promotion and mobilization, so if you haven't had OBC, see your unit's advisor, and make it a priority to take OBC ASAP. Continuing Health Education Funds have been switched to fund OBC, so the funds should be there.

## **Tuition Assistance for Independent Study (Help With Master's Degree!)**

Independent study is any learning that a student achieves outside of the classroom.

Learning activities considered to be independent study include:

- A regular course taken on an individual basis
- A correspondence course
- A project initiated and developed by a student and guided by a faculty member
- A directed reading or study by a faculty member for an individual student

The learning may be based on written material, augmented with radio, television or video instruction, or computer-enhanced. Technology now enables web-based delivery of materials, assignments submitted via e-mail, or instructional software used to provide students with an interactive learning experience.

Experience shows successful students are those who are taking a course for a specific purpose in their college degree plans, have at least two years of college experience, and have solid academic goals.

### **Tuition Assistance Policies for TPU Soldiers**

- The soldier must be a drilling reservist in good standing.
- The soldier must not be using Montgomery GI Bill benefits for the course.
- The soldier must declare an educational goal leading to a credential higher than current degree level.
- Enlisted soldiers and warrant officers must have sufficient time remaining on their term of service to complete the course before separation.
- Commissioned officers must have at least four years of Selected Reserve service remaining from the date of completion of the course for which tuition assistance is provided.
- The soldier must enroll for the independent study course following Army Reserve procedures.



- The soldier must pay all tuition costs up front.
- Upon successful completion of the course, DANTES reimburses the soldier in accordance with the Army's tuition assistance policy.

#### **Army Reserve Tuition Assistance Policy (FY-00)**

Reimbursement is limited up to 75 percent of tuition costs, not to exceed \$187.50 per semester hour. Maximum reimbursement for the fiscal year is \$3,500.

#### **Traditional Tuition Assistance**

The Army Reserve has tuition assistance available for attendance at local colleges and universities. Contact your Education Services Specialist or visit the AR-PERSCOM website for further details.

### **PROCESS FOR APPLYING FOR CHE (CONTINUING HEALTH EDUCATION)**

There was some confusion last year with the process of applying for CHE. As a rule, AR-PERSCOM allows officers in health professions five days of AT (six days with travel) for CHE per fiscal year. Monies may or may not be available, depending on the budget and other circumstances. Lower ranking officers are more likely to get funding than O-5's and O-6's. Following is the general process:

1. Forward your application for training using DA Form 1058-R and a copy of a comprehensive conference overview NLT 50 days prior to the report date. You can mail it to Commander, AR-PERSCOM, ATTN: ARPC-HS-CHE, 1 Reserve Way, St. Louis, MO 63132-5200. If you are attending the Military Symposium and ADA's FNCE, you can e-mail the DA 1058-R as an attachment to DAVID.MCCLORY@arpstl.army.mil. You can also fax your DA 1058 to 314-592-0433. I will send the Military Symposium program ahead to AR-PERSCOM. Also register with me for the Military Symposium, so I can get approximate numbers and certificates can be made in advance. **Registration with me alone will not get you funded!**
2. All personal qualification data such as secret clearance, physical, and HIV dates must be current. If you require a tape test due to height and weight standards, you must forward, along with you DA 1058-R, a signed Body Fat Content Worksheet. AR-PERSCOM does not process requests for CHE from officers who are within six months of the Mandatory Removal Date (MRD).
3. The report date of most conferences or courses is the date of opening ceremony. In addition, the funding requirements state that each day of a conference must consist of a minimum six hours devoted to actual training.
4. Upon your application submission, you can call AR-PERSCOM to verify receipt of your application and availability of funds. The number is 800-325-4729, op 7. If you want to check on the status of your requests, you can call AR-PERSCOM when the training report

date is 30 days out. Note: For the past two years AR-PERSCOM has run out of funds for CHE by Dec. Fortunately, the ADA's meeting is in Oct!

5. If CHE funding is not available, officers assigned to TPU's can request funding through their units. Regardless of available funding for CHE, it is your responsibility to remain competent in your professional practice.

6. Mr. McClory states that no more money is available for CHE this fiscal year, as all monies have been dedicated to fund Officer's Basic Course.

## **PERSONNEL AND FINANCIAL NEWS**

### **AKO ACCOUNT IS MANDATORY NOW!**

Getting an AKO account and e-mail address is a must for all military members. You can gather information relevant to you into a single source, communicate directly with other members of the Army community, cull news and headlines from multiple sources, and various other things. Travel voucher settlements and Leave and Earning Statements are now sent through your AKO account. You can forward the e-mail sent to your AKO address to your e-mail address that you use most often, so you don't have another e-mail account to check. **Go to <https://www.us.army.mil> to get your AKO account and send me your address to Sarah.Helms@us.army.mil.** Best of all, I can communicate with all of you through your AKO e-mail address. When you change your primary e-mail address, then I can continue to use your AKO account and it will be forwarded to your new e-mail address.



### **THERE ARE 5 IMA 65C VACANCIES!**

MAJ Fesl, our Reserve Liaison at HQ USAMEDCOM, has just informed me that there are 5 IMA vacancies. If anyone is interested in getting one of these, please call him at 210-221-8630 or e-mail him at [MAJ.Andree.Fesl@amedd.army.mil](mailto:MAJ.Andree.Fesl@amedd.army.mil). They are as follows:

Tripler (HI), CPT	BAMC (TX), MAJ	Polk (LA), CPT
Eisenhower (GA), 1LT	BAMC (TX), CPT	

### **PaYS EXPANDS TO ARMY RESERVE**

by Julia Bobick

FORT KNOX, Ky. (Army News Service, Oct. 31, 2002) -- The Partnership for Youth Success, the Army's partnership with industry recruiting program that provides youths the opportunity to serve their country while preparing for their future career success, expanded to the Army Reserve in October.

Soldiers learn technical skills required by industry, along with work ethics, teamwork, communication and leadership during an enlistment in the U.S. Army. Once they complete their service obligation, they receive hiring preference at the company they select during their enlistment process.

"Each year thousands of young men and women enlist in the Army Reserve to develop valuable skills and gain experience while serving their country in the Army Reserve," said Lt. Gen. James R. Helmly, Chief of the Army Reserve.

"The Reserve PaYS program offers prospective soldiers an inside track for civilian jobs of their choice when they enlist.

"This partnership is one way we can help ensure our Army Reserve soldiers achieve success in their chosen civilian careers as well as in the Army Reserve. American industry gains quality employees who are motivated and have professional work habits and high standards of conduct that come from their values as soldiers in the Army Reserve."

PaYS is available to all eligible Reserve applicants in addition to other enlistment incentives such as the Montgomery GI Bill and loan repayment program.

More than 12,000 Reserve PaYS jobs are already available to qualified Army Reserve applicants.

One PaYS job is medical lab specialist (MOS 91K). In the Orlando-St. Petersburg, Fla., area for example, a recruit can learn the skills to be an experienced medical lab specialist for a U.S. Army Reserve Medical Support unit, while working full time for HCA, a PaYS partner and one of the largest hospital corporations in America.

Building on the success of the Army's two-year-old PaYS program, Army Reserve PaYS will work much the same as the active program, which has more than 7,000 soldiers participating, officials said.

After an applicant qualifies for PaYS, the Army guidance counselor matches his or her MOS with a partner's job listing. The recruit's PaYS job selection is reported to the partner company by the PaYS team. The statement of understanding between the soldier and the partner becomes a permanent document in the soldier's personnel record.

Within 30 days of completing initial entry training, the Reserve soldier interviews with the PaYS partner company or agency selected during the recruiting process.

Since most Army Reserve soldiers, unlike their active Army counterparts, stay in or near their hometown during their term of service, Reserve PaYS jobs are generally located within a 50-mile radius of a soldier's home of record. PaYS job coverage is expanding to many regional and local partners with job locations close to Reserve Troop Program Units.

The Recruiting Command PaYS team is working to offer the program in more and more locations as it gains additional corporate and public sector agency partners, officials said.

The Army's PaYS partners include Southwest Airlines, EDS, Sears Logistics Services Inc., Halliburton, HCA, The Pepsi Bottling Group, Charlotte-Mecklenburg and Los Angeles police department, DynCorp, Caterpillar, Johns Hopkins Health Systems, Rush Enterprises, Schneider National, BellSouth, John Deere, Lockheed Martin, RUAN Transportation Management Systems, Travel Centers of America, General Dynamics, NTB, Goodyear, Blue Dot and State Farm Insurance.

For more information on both the active-Army and Reserve PaYS, visit

<http://www.armypays.com/>.

## **VEAP CONVERTS TO GI BILL MAY LOSE BENEFITS**

by Tesia Williams

WASHINGTON (Army News Service, Sept. 23, 2002) -- Soldiers who converted from the Veterans Educational Assistance Program to the Montgomery GI Bill are at risk of forfeiting their contributions and losing their benefits, officials said, if they don't make

their payments. Soldiers have 18 months from the time they signed the Montgomery GI Bill, Department of Defense Form 2366, to pay the mandatory contribution of \$2,700, personnel officials said.

Many of the 5,000 soldiers who signed up for the program may have already missed their deadline, according to officials at the U.S. Total Army Personnel Command

"Program participants need to contact their finance office and make sure the contribution will be paid within the 18-month deadline," said John Rizkallah, chief of the Education Incentives and Counseling Branch at PERSCOM.

If soldiers are not able to pay the \$2,700 in time by using monthly allotments, they have the option of combining the allotment with a lump sum or they can make a single lump sum payment, Rizkallah said.

"The law states that if participants don't pay the contribution in full within the deadline, they forfeit anything they contributed to VEAP and will not be eligible for any education benefits through the Veterans Administration," Rizkallah said.

It is imperative that soldiers look at the date they signed their DD Form 2366 and ensure that they have the contribution paid in full within 18 months of that date, Rizkallah added.

"To date, the VA has not made any exceptions to the deadline," he said.

VEAP was first enacted by Congress for post Vietnam-era soldiers. It was designed to attract high quality men and women to the all-volunteer Armed Forces.

Congress signed the VEAP conversion law on Oct. 30, 2000, making it the second conversion opportunity since October 1996.

### **COMMISSARY SCHOLARSHIPS FOR MILITARY CHILDREN PROGRAM**

The 2003 Scholarships for Military Children program opens for business Nov. 1. Applications can be downloaded from <http://www.commissaries.com> or <http://www.fisherhouse.org>, or they can be picked up at any commissary. The deadline for returning applications by hand or mail to a commissary is Feb. 21, 2003.



### **TAX FORMS TO BE AVAILABLE ONLINE**

Defense Finance and Accounting Service is putting pay information at the fingertips of the military community. Beginning in January, the 2002 W2 tax forms will be available online through DFAS' myPay system. Note: You must register with this website before you can use it. <http://www.dtic.mil/armylink/news/Oct2002/a20021018mypay.html>

### **WHAT THE RC NEEDS TO KNOW ABOUT THE TRICARE DENTAL PROGRAM**

The TRICARE Dental Program offers a wide range of diagnostic, preventive and restorative dental services and is available to members and families of the Selected Reserve and Individual Ready Reserve.

<http://www.tricare.osd.mil/newsreleases/2002/news0232.htm>

## WOMEN IN THE MILITARY

### **COMMAND SERGEANT MAJOR OF ARMY RESERVE SELECTED**

Command Sgt. Maj. Michele S. Jones is the first woman to be selected as the top noncommissioned officer in the Army Reserve; in fact the first woman to be chosen as the senior NCO in any of the Army's components.

<http://www.army.mil/usar/news/2002/09sept/csmjones.html>



### **MARTIN IS NAVY'S NEW DEPUTY SURGEON GENERAL**

Rear Adm. Kathleen L. Martin, Nurse Corps, is the Navy's new Deputy Surgeon General, the first Nurse Corps officer to be assigned to the position.

[http://www.news.navy.mil/search/display.asp?story\\_id=3858](http://www.news.navy.mil/search/display.asp?story_id=3858)

### **GUARD PROMOTES 1ST AFRICAN-AMERICAN FEMALE GENERAL**

Brig. Gen. Julia Cleckley vowed to make it possible for others to follow in her footsteps after becoming the first African-American woman to be promoted from full colonel to flag officer in the Army National Guard.

<http://www.dtic.mil/armylink/news/Sep2002/a20020909ngbgen0902.html>

### **MOST ASKED QUESTIONS FROM WOMEN VETERANS**

Too many women veterans don't know they are eligible for the full range of VA benefits," said Dr. Irene Trowell-Harris, director of the Center for Women Veterans. "These 25 questions are the ones we hear most often."

[http://www.va.gov/womenvet/docs/25\\_Most\\_Frequently\\_Asked\\_Questions.doc](http://www.va.gov/womenvet/docs/25_Most_Frequently_Asked_Questions.doc)

### **MS. CELIA ADOLPHI, RD SELECTED FOR PROMOTION**

Congratulations are also in order for **Ms. Celia Adolphi, RD** who was recently selected for promotion in her civilian job. For those who don't know Ms. Adolphi, she is also a **MG in the US Army Reserve**. Here's the note she sent announcing her promotion.

"Dear Colleagues: The purpose of this email is to advise you that **I have been selected for a promotion at DLA (Defense Logistics Agency) HQ as the Chief of Staff to the J-9**. My last G-4 day is 7 February. Between my six years at Walter Reed and the last 18 years here on the Army Staff, I have been involved every day in the feeding and nutritional needs of soldiers. I thank each and every one of you who have worked hard and long to make me smart and successful. Support is a two-way street; I could not have provided the support needed, if you in turn, had not been willing to work the issues and seek solutions jointly. Together we have accomplished much to improve rations, equipment, doctrine, policy automation and business processes to ensure the best fed and supported military in the world. As I leave the G-4, I ask that you continue to provide the same level of support to COL Mike Parker, Division Chief and the Subsistence team MAJ Sam Davis, Bill King and Dyna Duncan. My best wishes to each of you for continued success and health! I have been asked to be the speaker at the Joint Food Service Awards Ceremony on 13 April in Dallas - so I will see many of you there." Regards and fond farewell, Celia

## **DOD-VA AND OTHER MEDICAL NUTRITION NEWS**

### **VA AND DOD TO SHARE ONE VIEW OF MILITARY POPULATION**

**September 20, 2002**

This first-ever opportunity would permit VA and DoD to see the same universe of active duty, separated, retired and reserve members to better plan and deliver appropriate benefits and services. The announcement is one of several coming from collaborative efforts being coordinated by Dr. Leo S. Mackay, Jr., Deputy Secretary of VA and Dr. David S.C. Chu, Under Secretary of Defense (Personnel and Readiness) as co-chairs of the VA/DoD Joint Executive Council (JEC).



VA's enterprise architecture (EA), a framework for linking needed information from across an organization or "enterprise," identified the registration and eligibility verification activities as good candidates for consolidation and integration and is one of the key initiatives of President Bush's Management Agenda aimed at making government more efficient and effective.

VA currently uses eight unique processes and associated systems to register veterans and determine their eligibility and entitlement for health care, education, burial and many other benefits. These processes also maintain numerous and distinct connections between VA and DoD.

By creating a single, reliable, data source and a single point of integration between VA and DoD, VA can provide veterans with faster, more consistent and more efficient health care, claims processing and memorial benefits.

VA will develop a registration and eligibility process that consolidates the eight separate processes now in use. A key element of this approach is creating a link with the DoD's Defense Manpower and Data Center and the DEERS system to ensure a smooth and efficient flow of veteran information between VA and DoD.

The JEC meets quarterly to identify and initiate effective partnership opportunities between VA and DoD that will enhance the delivery of benefits and services to all military members, retirees, and veterans.

### **DOD/VA PILOT PROGRAM TESTS TRICARE PRESCRIPTION REFILLS**

The Department of Defense (DoD) Military Health System and Department of Veterans Affairs (VA) have joined forces to provide TRICARE beneficiaries with a new pharmacy benefit that delivers prescription refills by mail.

<http://www.tricare.osd.mil/newsreleases/2002/news0224.htm>

### **EPHEDRA-LIKE PRODUCTS ON THE MARKET**

The Dietary Supplement industry is responding to this change in attitude about Ephedra products and is now marketing "Ephedra free" products. The main ingredients of these "ephedra free" products are **Bitter Orange or Citrus aurantium**, which replaces ma-huang or Ephedra. The active component in Bitter Orange is Synephrine, which has many of the same effects as Ephedra. Research on the subject leads to believe that they are just as hazardous as the Ephedra containing products. Manufacturers seem to be using tactics like the "designer drug" producers, changing the products enough to stay ahead of regulators.



## **ARMY DIETITIANS SEEK TO GET TROOPS INTO SHAPE**

**By Adrienne Appel, Globe Correspondent, 1/3/2003**

Today's American troops are going healthy.

At the urging of the US surgeon general and under the guidance of Army dietitians, troops on bases and naval vessels are being encouraged to ignore burgers, fried chicken, and potato chips in favor of new foods like lime chicken, soft tacos, and fat-free cheesecake.

The healthier foods making their way to garrison kitchens around the globe are the work of two top dietitians from the Combat Feeding Program at the US Army Soldier Systems Center in Natick. They have spent three years revamping the 1,700 recipes used in mess halls throughout the military.

"Lower fat, lower cholesterol," said Elizabeth Painter, describing how she and her colleague, Anthony Lee, are attempting to bar unnecessary calories from the military menu. The impetus for the diet changes? Hefty soldiers.

Like many Americans, the nation's troops are overweight. A recent study by Dr. Richard Atkinson of the University of Wisconsin found 54 percent of all military personnel to be overweight, most of them men.

What's more, the military is losing troops because of fat: Those who don't meet an armed forces' weight requirement within 18 months risk getting the boot.

"It's the generation. People aren't exercising, and we're foodaholics. It's even affecting the military, and they're starting to do something about it," Painter said.

Air Force Technical Sergeant Roy Bowser, of Hanscom Air Force Base, gained 12 pounds recently while receiving special training at McGuire Air Force Base in New Jersey. The reason? "Stress and boredom," he said.

Technical Sergeant Eric Grill, also from Hanscom, attended training at McGuire as well.

"The first week it was fine, but as we ate there, more and more I was finding I was having to spice it up," he said. Grill added that he never noticed any meals at McGuire designated as low-calorie. "Nothing was ever marked," he said.

Typically, military personnel have had a choice of fast foods, such as hamburgers, or hot entrees, such as lasagna, pork, or fried chicken, in addition to salad, fruit, and dessert. While they will continue to offer those foods, the new effort makes available more fresh fruit, vegetables, and fiber, and less sodium.

Fatty chicken is being replaced by skinless chicken breast. On the way out: meat, potatoes, and gravy. On the way in: wild rice and beans, lean pork, and farm-raised catfish. The new recipes also call for sauces made without butter or fat, and gravies made with bouillon.

As for dessert, brownies are being made with prune puree, while applesauce takes the place of half the fat in banana bread.

In early 2002, Lieutenant Colonel Laura Feldman of Hanscom spent five months on base in Incirlik, Turkey, where troops were given a choice of meat entrees each night with the calories posted. It was up to individuals to choose a low-fat dish, Feldman said, as she sometimes did.

"Actually it was very good," she said.

The updated recipes also are trying to appeal to people from a variety of ethnic backgrounds, Painter said. Earlier this year, she and Lee interrupted their normal work to develop recipes for cooks serving detainees at Camp X-Ray, in Guantanamo Bay, Cuba, using halal meat, couscous, and curry.

In addition, Painter and Lee have simplified the recipes, keeping them as close to one-pot meals as possible because the military doesn't have as many people to prepare food as it once did. In 2003, troops will see more "grab and go" items, such as breakfast quesadillas and sandwiches.

The new meals are being served in dining halls, as well as on ships, submarines, and aircraft carriers.

"In the beginning there was a lot of grumbling," Painter said. Now the troops seem to appreciate the healthier, spicier food, including Asian barbecue turkey filets and Southwestern shrimp linguine, she said.

Natick has provided a ready group of taste-testers. "Since we're on a base, we take it to the dining hall and serve it to the guys," who give Painter and Lee an instant thumbs up or down. "We get it first hand," Painter said.

That's how the cheesecake became a hit.

"It's a showcase item," Painter said. "Everyone loves it."

The emphasis on low fat is aimed at base food only. Out in the field, troops eating B- and C-rations need all the calories they can get, said Julie Edwards, a food technologist at Natick. But those foods, too, have been updated, after troops in the 1991 Gulf War deluged the military with complaints. The rations, called Meals Ready to Eat, feature precooked foods in plastic pouches that can be heated over a simple flame or eaten cold.

"Something they complained about is that the food was bland," Edwards said. It's much spicier today, and vegetarian options are available, too, she said.

In May 2002, the Natick facility surveyed troops at Camp Rhino in Afghanistan about the more modern ready-to-eat meals. The verdict? While they praised the frankfurters, spaghetti, and beef stew, troops asked the military to eliminate the chocolate mint pound cake.

It has.

This story ran on page B1 of the Boston Globe on 1/3/2003.

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## LICENSURE FOR ALL ARMY DIETITIANS IS MANDATORY

Army Regulation (AR) 40-68, "Clinical Quality Management", has been updated to reflect this requirement. Because the AR and several Department of Defense Instructions on licensure pertain to active duty and reserve dietitians alike, failure to comply with the licensure requirement may preclude reservists from obtaining clinical privileges for their periods of annual training. In other words, if you don't have a license you will not obtain clinical privileges at any Army Medical Facility and you cannot do Annual Training (AT) at any Army Medical Facility. Again, this is not a plug for Texas, but it is one of the least expensive states to maintain a license. The Texas Licensure Office can be contacted by calling 512-834-6601 or visiting their website at

<http://www.tdh.state.tx.us/hcqs/plc/diet.htm>.





## **TIDBITS FYI**

### **75<sup>th</sup> COMBAT SUPPORT HOSPITAL IS CONNELLY WINNER!**

Congratulations is in order for the 75<sup>th</sup> Combat Support Hospital (CSH) in Tuscaloosa, AL which is part of the 81<sup>st</sup> RSC for winning the 2003 Philip A. Connelly Awards for the Reserve Field Kitchen category. We are proud of LTC Margie Jenkins and MAJ Denise Sockwell who are the dietitians assigned to this hospital.

### **IT HAS HAPPENED! ARMY PAM 30-22 IS ON THE WEB AT WWW.USAPA.ARMY.MIL**

Army Pam 30-22, Operating Procedures for the Army Food Program, which replaces AR 30-1 is now available. Go to [www.usapa.army.mil](http://www.usapa.army.mil), Army Publishing Directorate and pull down Official Publications, then Army Administrative Publications, then Search by Pub. Number. When the box comes up, Type in "PAM 30-22", and you can download it in a PDF format.

### **US ARMY SOUTH HEADQUARTERS MOVING TO FT. SAM HOUSTON**

by Jonathan Williamson

WASHINGTON (Army News Service, Sept. 18, 2002) - U.S. Army South will move its headquarters from Fort Buchanan, Puerto Rico, to Fort Sam Houston, Texas, during the 2003 Fiscal Year. They will use the old BAMC facility.

The move is a result of an overall headquarters realignment assessment that aims to provide the Army with greater efficiency and personnel savings, said Secretary of the Army Thomas E. White.

Upon completion of the move, USARSO will become a major subordinate command of U.S. Army Forces Command. This will allow USARSO to reduce its number of personnel from 400 to 300 as well as much of its headquarters overhead.

About 100 positions, mostly military, can now be reassigned to support new structures and the Army's transformation, officials said. Additional personnel savings are expected in the future as the garrison support agencies are restructured, officials said.

The move will cost an estimated \$45 million, officials said. And the Army will make "every reasonable effort" to avoid negative repercussions for Department of the Army civilians whose positions are eliminated as a result of the move, officials added.

Despite several members of Congress offering to host USARSO at sites within their constituencies, Fort Sam Houston was chosen "because of its availability of facilities and qualified workers, its relative accessibility to U.S. Southern Command and Latin America, and its ability to provide garrison support to USARSO without significant augmentation or construction," officials said.

About \$125 million in new construction at Fort Buchanan will be saved as a result of the move, officials, and more money will be saved over time.

"More savings will be realized as the new USARSO structure takes its position in existing facilities on a more robust and mature military installation in Sam Houston ... where operating expenses and a low local cost of living will benefit the Army and personnel alike," stated Army guidance on the move.

## UNCLE SAM RECRUITS WORLD-RENOWNED HEART SURGEON

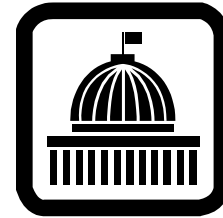
**NOTE:** This is a really good story and is worth your time to read.

After a career as a world- renowned, pioneer heart surgeon, one would think Dr. William DeVries would kick back and enjoy some golf. Not Doc DeVries. Like his father before him, DeVries decided to serve in the armed forces.

[http://www.defenselink.mil/news/Aug2002/n08132002\\_200208131.html](http://www.defenselink.mil/news/Aug2002/n08132002_200208131.html)

## LEGISLATIVE UPDATES

### Legislative Agenda Summary for 108th Congress



The following was taken off the Reserve Officers Association (ROA) Website:

There are three major areas that we will concentrate on during the coming year: tax relief for Reservists and their employers; Reserve compensation and retirement; and Reserve personnel issues. In addition, of course, ROA will support those legislative issues and initiatives that emerge in the course of the 108th Congress that fall within the association's mandates.

Tax Relief for Reservists and Their Employers. In the closing days of the 107th Congress, the Senate passed and sent to the House a military tax relief act (HR 5557) that contained provisions to restore in part the tax deductibility of unreimbursed Reserve training expenses. Due to procedural difficulties, the House was unable to pass the bill as it had agreed to do prior to adjourning. The legislation will have to be reintroduced during the first session of the 108th Congress. The reintroduced legislation will have to be effective January 1, 2003 in order to support reservists' increased training requirements associated with action against Iraq. The time is ripe to do the right thing for our citizen-soldiers, sailors, Marines, and airmen.

**ROA RECOMMENDS THAT THE CONGRESS ENACT LEGISLATION WITHOUT DELAY TO PROVIDE MEANINGFUL TAX RELIEF TO RESERVISTS AND THEIR EMPLOYERS.**

Reserve Compensation. During the 107th Congress, a number of bills were introduced that would make a major change in the 50-year old "retirement contract" between Reservists and the federal government. The change is predicated upon the undeniable fact that the level of service expected of members of the Reserve components of the Armed Forces has increased significantly. Active duty forces have been reduced by 40 percent and Reserve forces by nearly 30 percent. After Operations Desert Shield and Desert Storm, the level of Reserve participation in mobilizations increased exponentially until mobilized Reservists have found themselves providing between 12 and 13 million mandays per year to support active duty operations. And this level of participation was before September 11th.

As what was once a clear and distinct line between Active and Reserve forces grows increasingly blurred, as the two components merge into a continuum of forces, the argument

for greater parity of benefits becomes increasingly compelling. Paramount among these benefits is Reserve retirement, a benefit that has been in place and in effect, largely unchanged, for more than half a century.

**ROA RECOMMENDS THAT THE CONGRESS DETERMINE HOW THE RESERVE COMPENSATION SYSTEM (INCLUDING RESERVE RETIREMENT) MAY BE BEST AMENDED TO REFLECT THE INCREASED CAPABILITIES, CONTRIBUTIONS, AND RESPONSIBILITIES OF THE RESERVE COMPONENTS IN SUCH A WAY THAT RESERVE FORCE STRUCTURE IS IN NO WAY DIMINISHED OR THE VALUE OF THE CURRENT COMPENSATION SYSTEM DECREASED.**

Personnel Protections and Incentives. There are currently more than 50,000 Reserve soldiers, sailors, Marines and airmen on active duty in support of Operations Noble Eagle and Enduring Freedom. These service members are only the latest group of Reservists who have been shouldering an increasing portion of the burden of our national defense. Even the most conservative estimates for Reserve component personnel requirements associated with a war in Iraq run into the hundreds of thousands. For the past several years the Reserve components of our Armed Forces have provided more than 12.5 million duty days annually in support of active duty missions worldwide.

The Ready Reserve constitutes 50 percent of the Total Force. Our Reserve forces quite literally are the cornerstone of the Total Force and our national defense strategy. Given the growing importance of the Reserve components' contribution to the national defense, the policies that govern Reserve personnel readiness and related issues have likewise increased in significance. During the 108th Congress ROA will be addressing a number of Reserve personnel issues in its dealings with members of Congress and their staffs in an effort to provide the quality and quantity of support required by the Total Force as it performs its missions in these challenging times.

Among these issues will be the following:

- Adequate levels of full -time support,
- Changes are required in the Soldiers and Sailors Civil Relief Act and other legislation to update economic, professional, and academic protections for mobilized Reservists and their families.
- Service policies also need to be revised to ensure a greater degree of equity among Active and Reserve components.
- Income protection for mobilized reservists should be developed and implemented.
- Encouragement should be provided to employers who help ensure that their mobilized employees suffer no economic hardship as a result of their being called to active duty.
- Educational benefits need to be expanded and diversified to ensure their relevance and attractiveness as recruiting tools.
- Artificial limitations on Reserve commissary usage and inactive duty training points creditable toward retirement should be lifted.

**ROA RECOMMENDS THAT THE CONGRESS PASS LEGISLATION THAT WILL**

**SUPPORT RESERVE COMPONENT READINESS AND PARTICIPATION AND  
RECOGNIZE THE GROWING RESPONSIBILITIES AND CONTRIBUTIONS OF  
RESERVE FORCES TO THE NATIONAL DEFENSE.**

## **AMSC WEBSITES**

### **MILITARY SYMPOSIUM PRESENTATIONS ON AMSC WEBSITE**

The Symposium went hi-tech in Oct. The speakers e-mailed their Power Point presentations to COL Forman and she downloaded them on her computer and they were put on the AMSC website. Instead of my printing all of the presentations and mailing them all out, if you are interested in a certain presentation, you can open it up and print it for yourself. This saves a lot of paper. To access the site go to <http://www.amsc.amedd.army.mil>. After entering the site, scroll down under "Hot Topics", and click on "United States Military Nutrition Symposium." Following are the presentations on the website:

- Association of Military Surgeons of the United States Briefing
- Dietitian's Role in Emergency Preparedness
- Bosnia Deployment
- Operation Enduring Freedom
- Containerized Kitchen Force Development Experience
- DOD Nutrition Symposium
- Aviation Nutrition
- United States Public Health Service Briefing
- Weight Gain Prevention
- Nutrition Survey in a Rural Honduran Population

## **AMSC RECRUITING**

If you know of dietitians or other healthcare professionals who are interested in the Army or Army Reserves, you can now refer them to a healthcare recruiting website at [healthcare.goarmy.com](http://healthcare.goarmy.com). Click on Medical Specialist Corp, and one can learn about the different opportunities in the Army.

## **ENCLOSURES:**

- Medical Diet Supplement to UGR's
- Sample Format for Nutrition Care Section AAR
- Army Standard Headgear (Beret)
- News Release

